January

Pick a **better** snack[™] with your family - \$ave money and eat smart!

Their bodies change. So should their milk.

Kids' needs change as they grow up. They go from rattles and teething rings to bike helmets and soccer balls. Just as kids grow out of their old clothes and toys, they grow out of certain foods.

Whole and 2% milk contain saturated fat. This is the type of fat that raises cholesterol levels, which could increase your risk for heart disease. Milk also contains all kinds of healthy things like calcium, protein and vitamin D. Did you know that low-fat milk like 1% and fatfree have the same amount of these healthy ingredients, but less fat?

Happy New Year!
Resolve to get active and play your way. One hour a day.

It's true, they are exactly the same in terms of calcium, protein and vitamin D, only the fat is removed.

If your family prefers high-fat milk, these tips will help you make the switch and start saving your family the calories and fat.

- If your family prefers whole milk, start by mixing whole milk with 2% for a week or two. At that point, you can switch to straight 2%. If your family drinks 2%, go ahead and mix 2% and 1% to start.
- Step down slowly by mixing the milks for a week or two until you are drinking 1% or fat-free. For most families, this will take 1-2 months.
- It's fine to have 1% or fat-free flavored milk like chocolate or strawberry from time to time as a treat. Flavored milk has all of the healthy vitamins and minerals of white milk, but it also contains more sugar and calories so it should be an occasional treat.

Milk is an important source of nutrients for kids and adults. An extra bonus is that skim milk is often less expensive that higher fat milk. Enjoy low-fat milk with meals and snacks; it's a healthy habit that will stick with your kids for life!





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